Module 2 TED Talk/Video Assignment

40 total points

For this assignment, you will first need to read the article and view the webinar entitled **"Transforming Character Strengths into Productive Results"** featuring Dr. Ralph Pim and Andy Rogers from Sport New Zealand.

(Please note that after 51 minutes of this webinar, you will hear Andy Rogers speak of "whakapapa" which is a Maori New Zealand word for genealogy and ancestry. This word does not sound like it is spelled, so please do not think that he is using profanity. I would never give you an assignment that contained profanity.)

https://balanceisbetter.org.nz/webinar-replay-transforming-character-strengths-into-productive-results/

Section 1: (32 points)

Upon completion of reading the article and watching the webinar, you will need to use the charts for **Performance Character Strengths** (yellow chart) and **Relational Character Strengths** (pink chart) featured in the article to select eight character strengths (four from each chart).

You will need to select **four strengths from each of the two charts** that you believe best exemplifies you as a coach, player, or person. Once you have selected the four character strengths from each of the two charts (for a total of eight strengths), you will need to:

1. Select and list the character strength.
2. Define the strength in your own words.
3. Tell why that strength is important to you.
4. Give an example of what that strength might look like in a sporting or athletic setting.

Use the format below for each of your eight character strengths in your submission. You should have four Performance Character Strengths and four Relational Character Strengths.

Example:

1. **Relational Character Strength: Honest**
2. **Defined in My Words:** Being honest means always showing and telling the truth without any deception.
3. **Importance to Me:** It is important to me because it means that someone can always be trusted and that they will tell/show the truth even if it is not the popular thing to do.
4. **Example in Sports:** If my teammate touches the basketball last before it goes out of bounds, but the official does not see it and she tells the official the truth

even though it means the other team gets possession of the ball. My teammate is being honest.

Each strength submission will be worth 4 points each; 1 point for the **Character Strength**, 1 point for **Defined in My Own Words**, 1 point for **Importance to Me**, and 1 point for **Example in Sports. You will have a total of eight character strengths (4 Performance Character Strengths in yellow and 4 Relational Performance Strengths in pink) each being worth 4 points for a total of 32 points for this section of the assignment.**

Section 2: (8 points)

Using complete sentences, please explain how you can consistently include character strengths in your interactions with others. This could include interactions with players, teammates, coaches, coworkers, classmates, etc.